

Flight Jacket

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Marine Corps Air Station Miramar

Sept. 21, 2001



The very United States

Hundreds of San Diego residents flocked to the Organ Pavilion in Balboa Park Sunday to take part in a "Day of Remembrance and Unity" lead by San Diego Mayor Dick Murphy. The U.S. Navy Band Southwest opened

the event with a short concert and several of the area's religious leaders followed with a speech. This was only one of many recent memorial and unity events in the San Diego area. See Page 7 for more pictures of local memorial events. Photo by Cpl. Micheal O. Foley

Attention to detail

The Flag Code dictates proper display of our National Ensign

Compiled by Cpl. Rob Henderson

CPAO, MCAS Miramar

In the wake of the recent terrorist attacks on the United States, our nation's people have responded with patriotism by displaying the National Ensign on nearly every house, every car and every surface where a flag can be posted. The outpouring of patriotic emotions has helped some people deal with this tragedy, but the flag must still be displayed according to The Flag Code.

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag, also contains specific instructions on how the flag is not to be used. The U.S. Flag Act of 1942 outlines The Flag Code, and the following is paraphrased from that act.

"I think it's great that Americans are showing their patriotism, but it really upsets me when I see a flag nailed to a door or outside at night without a light on it," said Lance Cpl. Sean T. Hill, ordnance technician, Headquarters and Headquarters Squadron. "It doesn't take long to learn the right way."

Before displaying a flag, be sure to know the rules.

The Flag Code

When the flag is displayed from a staff projecting from a window, balcony, or a building, the union (stars) should be at the peak of the staff unless the flag is at half-staff.

When it is displayed from the same flagpole with another flag – of a state, community, society or Scout unit – the flag of the United States must always be at the top except that the church pennant may be flown above the flag during church services for Navy personnel when conducted

See **Display**, page 11

General Jones issues message following attack on America

Editor's note: The following text was taken from *All Marine Message* 041/01.

The recent terrorist attacks on our nation highlight the new reality of warfare. The very visible attacks against icons of our democratic nation and our citizens no longer represent a simple violation of international law. As was evidenced so graphically both in New York City and Washington, a new form of open warfare was declared against America, directly targeting civilian and military personnel and our institutions alike. Our Commander in Chief has stated we will respond to this act of war, and we will prevail. As we respond to this tragedy, our focus, as always, is to mission first and people always. In line with this commitment, I would like to offer my condolences to those who have suffered the loss of loved ones. I would like to voice special thoughts and prayers for our comrades-in-arms in the Army and Navy who appear to have borne the brunt of the attack at the Pentagon. While the process of accounting for all personnel, active duty, reserve, veteran, and civilian is not yet complete, our Corps appears, thus far, to have been spared any loss of life in Washington. I am not as optimistic with respect to the attack in New York City. Scores of emergency response personnel and the general public are bound to be members of the "Marine Family."

The very public display of this new form of warfare comes as no surprise to Marines. Our focus on developing anti-terrorism and force protection (AT/FP) capabilities across our force continues our tradition of innovation and

transformation. The threats we so visibly faced have fully validated the reorganizations we have undergone in the past few years, especially in the Marine Corps Security Force Battalion and our Fleet Anti-Terrorist Security Team capabilities. Our more recent efforts to incorporate AT/FP skill sets in all deploying Marine Corps units has proven prescient in addressing the latest threat to our national security. While our expeditionary culture remains the centerpiece of our warfighting capability, the added ability to effectively deal with terrorism is critical today and will remain one of our core capabilities for the foreseeable future.

Our expeditionary culture has once again proven valuable to our nation and we are poised to respond to the ongoing disaster relief operations in New York City. In conjunction with the Navy, we have once again demonstrated the value of the Navy-Marine Corps team in responding across the full spectrum of capabilities that our nation demands. In line with the special bond between Sailors and Marines, I have offered the full commitment of Marine Corps capabilities in support of any naval mission, ashore or afloat. Commanders are directed to reinforce this commitment by seeking out their Navy counterparts and reinforcing this offer of assistance wherever it may be needed. While this support includes the full range of our capabilities, your focus should remain on our ability to support the AT/FP capabilities we can provide.

While we have previously discussed in depth the po-

tential for asymmetric attack, we have, through the myriad actions and reactions that transpired on Sept. 11, experienced this paradigm shift in a most personal fashion. In order to continue our tradition of innovation we must capture the lessons we have learned regarding this emergent form of warfare. Commanders are directed to compile appropriate issues and their potential impact for the future, and submit them through their advocates for incorporation into the Marine Corps Expeditionary Force Development System. Reality is that what we have faced in the past 24 hours is not a single, isolated event. Yesterday's attack is the most visible manifestation of a war for which we have prepared through organizational change, and for which our expeditionary capabilities will be highlighted and in great demand.

The manner in which we react over the days and months ahead will once again highlight our readiness and adaptability to meet the nation's needs across the spectrum of operations. It will also visibly reinforce that we are always ready and always faithful.

Semper Fidelis,

J.L. Jones
General
U.S. Marine Corps
Commandant

323 returns from WESTPAC



Captain Christopher Niemann, VMFA-323 schedules writer, is welcomed home by his wife, Lisa, daughter DeLane, 5, and son Sam, 2, Friday. Photo by Sgt. W.A. Napper Jr.

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

Bittersweet tears were shed today, as more than 250 3d Marine Aircraft Wing Marines returned home to their families and friends after a six-month Western Pacific deployment.

Small American flags waved in the air, and as the F/A-18 Hornets landed one by one, the crowd cheered and jumped up and down, bringing their loved ones home.

Although the Hornets from Marine Fighter Attack Squadron 323 landed Friday, the rest of the Death Rattler Marines and other 3d MAW supporting squadrons arrived later that night. The remaining Marines arrived with the Constellation Battle Group at Naval Air Station North Island and were then bussed to their barracks.

The Death Rattlers returned with Marines from Marine Aviation Logistics Squadron 11, Marine Wing Support Squadron 373, Marine Wing Support Squadron 372 and Marine Aircraft Group 11.

In light of the recent events, one Marine's wife said although she was glad her husband was home, she would be willing to see him leave again to defend the nation.

"I'm very happy and very proud of him," said Lisa Niemann, wife of Capt. Christopher Niemann, schedules writer. "We all need to make sacrifices at this time and if I have to say goodbye I will, and I'll do it proudly. He's here to protect our freedom, and the flag comes first."

According to Capt. Tim Sanchez, VMFA-323 assistant maintenance officer, the deployment began March 16 to support Operation Southern Watch, and the Marines traveled to several different countries. Australia, Singapore, Hong Kong and other countries felt the footprints of 3d MAW Marines.

After the Hornets landed one by one, they taxied right in front of the gathering and simultaneously shut down their engines. Then in a virtual salute, all cockpits raised in unison, giving teary-eyed family the go ahead to rush toward fighter jets, and their loved ones who fly them.

Loved ones welcome home Flying Tigers

By Cpl. Mark P. Ledesma

CPAO, MCAS Miramar

The air rumbles as several CH-53E Super Stallion helicopters loaded with anxious Marines make a pass over an excited and cheerful crowd.

Heavy Marine Helicopter Squadron 361 returned from a six-month deployment Sept. 13, to their families waiting with open arms.

While deployed, HMH-361 was attached to 11th Marine Expeditionary Unit and participated in numerous exercises improving the readiness of the MEU.

This deployment was the first for some of the HMH-361 Marines.

"This was my first MEU," said Capt. Andrew P. Albano, logistics officer. "I was exposed to a lot of Marine and Navy operations. I'd do it again in a heartbeat."

The Flying Tigers participated in joint operations with other countries, including the newly formed Saudi Arabian Marines. One of the first stops on their deployment was in East Timor where they provided humanitarian assistance. For three days the CH-53s lifted hundreds of tons of materials such as grain, building supplies, medical supplies and human-interest items such as toys.

Albano attributes the success of the squadron's deployment to the maintenance departments.

"They provided superb aircraft availability, and we never dropped a single mission," said Albano.

The maintenance Marines worked through severe temperatures while in the Middle East. According to Lance Cpl.

Michael J. Gonzalez, aerial gunner, the temperature rose to more than 100 F by 6 a.m. with humidity levels as high as 90 percent.

The squadron had day and night crews working around the clock to keep the aircraft operational at all times.

"We worked with considerably less people than we normally have, so the Marines who were there quickly became extremely proficient at their jobs," said Gonzalez a New York City native.

Some of the Marines admitted to have not known each other very well before the deployment. Because of the high operational tempo, the Marines were forced to eat, sleep and work together.

"It helped me build confidence in myself, as well as my fellow Marines," said Gonzalez. "I'm confident enough to take any one of these crewmembers and accomplish any goal."

During the last six days of the deployment, family members were invited to join their Marines on the USS Boxer, and they watched them perform combat maneuvers over the Pacific.

"I'm extremely proud of my son, knowing that he's at the stage in his life where he's combat ready," said Miami native John Dematteo, father of Capt. Steven Dematteo, operations officer.

The atmosphere of the homecoming was very patriotic and seemed to glow with pride for the Marines on their way home.

"The extreme sense of pride is unexplainable," said Mariposa native, Jaydene Johnson, mother of Cpl. Bryan Johnson, helicopter mechanic.



American flags and welcome home signs greet HMH-361 Marines Sept. 13, as they make their way off of the flight line toward the parking lot where their friends and families are gathered. Photo by Sgt. Mike Camacho

Wing civilians receive Warfighter Support Award

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

The first ever Warfighter Support Award was recently presented in a small ceremony here to six members of the 3d Marine Aircraft Wing's Fleet Weapons Support Team.

The award was given to the FWST as a group and individual awards going to each of its 40 total people. The 3d MAW FWST recipients were Troy Moore, Edmund L. Clement, Lee W. Stanley, John P. DeVries, Jeffrey P. Tellechea and Bryant E. Bailey.

This was the first issuance of this award by the commander of the Naval Air Warfare Center, Weapons Division, Point Mugu, but is planned to be an annual award. It was designed to recognize civilian activities in the Navy and Marine Corps.

"He could have given it to any support activity he wanted," said Maj. Ronald C. Constance, 3d MAW Aviation Ordnance Officer. "He chose FWST for the first award because they contributed so much directly to the war fight-

ing effort."

Due to the advanced nature of the weaponry on today's aircraft, it's necessary to have subject matter experts on the different weapons systems. FWST personnel are the ones who serve that purpose.

They were established in 1967 and during fiscal year 2000 supported 40 Missile Assist Team operations, eight sea missile operations, 11 Integrated Weapons Systems Reviews, eight Combined Air Exercises and many more.

"We get new weapons systems in every year and these guys are the first ones into those programs and they train us on how to use them," said Constance.

They actually help with not only the military training, but at times they are also involved with the planning and development of the weapons system itself. Because of this level of involvement, they know most of the new systems intimately.

"Our goal is to be involved from the concept of a system, all the way through the fielding and then eventually through it's retirement from service," said award recipient

Clement. "Lately, though we have had lots of new stuff coming in and very little going out. Primarily, it's through involvement that we are able to keep up with the development of these new systems."

Once it is introduced into the fleet, they monitor the different systems and if there are problems or glitches, they can get with the engineers personally to work out the problems. They also provide ongoing training and support to the Marines using the new systems as well as the systems already in place. The whole time, they are still monitoring and participating in the design and development of even newer systems.

"These guys are a valuable resource to us. They help the entire weapons system process, not only at the ordnance level, but also at the engineer level because they act as the middleman," said Constance.

"It is very gratifying to be part of this team," said award recipient Tellechea. "There's so many that came before us that we have learned from and I think they are just as important to recognize as the current group of people."

Inspired Marines give more time, dedication to Corps

By Cpl. C.A. Eriksen

CPAO, MCAS Miramar

For many Marines, it was just a few years ago when standing before a recruiter in his freshly-pressed uniform was the inspiration to join one of this country's most elite organizations. Now may be the time to make that same decision – the decision to reenlist in the Marine Corps.

For many, the challenge of reenlisting may simply be weighing the options of what the Marine Corps can offer versus what the civilian community can offer.

"It took longer to get things done in the civilian world than I had planned for and when it did all come together it was not what I had wanted," said Cpl. Towana D. Walker, administration clerk, Marine Air Control Group 38.

To a few the choice is simple – reenlist just to stay Marine.

"I just love the Marine Corps," said Pfc. Ramon N. Baxter, firefighter with Aircraft, Rescue and Fire Fighting, Headquarters and Headquarters Squadron.

For others, encouragement from the career planner, their staff noncommissioned officer-in-charge, officer-in-charge, sergeant major, or even the commanding officer, for them to decide the Marine Corps is their best opportunity for the future.

"My job is to give you all the options. Who's to say? I might be talking to a future sergeant major or an officer," said Staff Sgt. Tracee K. Thomas, career planner, Marine Wing Communication Squadron 38.

A lot of Marines will turn to senior Marines for advice and guidance before seeking out a career planner, according to Gunnery Sgt. Juan F. Allen, career planner, MACG-38.

"I ask them, 'What are you looking for in the outside community that the Marine Corps isn't providing you?'" said Staff Sgt. Teodoro Garcia Jr., nuclear, biological and chemical specialist, MACG-38.

Marines who have only been in the Marine Corps under one contract, first-termers as they are called, are usually the focus of the career planners starting at the beginning of each fiscal year. Fiscal years run from Oct. 1 through Sept. 30 of the following year. First-termers can only reenlist in the fiscal year in which their current contract ends.

First-termers have to compete for a boat space, an allotted number of openings in a military occupational specialty, during their fiscal year.

"I had a Marine who waited too long to submit for reenlistment – he was not proactive," said Sgt. Nicholas R. Deitz, career planner, Marine Tactical Air Command Squadron 38. "He had all the resources and he waited too long. Headquarters Marine Corps was over their numbers for first-term reenlistments and only had a few more openings left – 600 submitted for 50 openings and he was not one of the selected."

They can submit for reenlistment as early as July prior to their fiscal year but will not receive reenlistment authority until the end of September or beginning of October.

Sometimes the boat spaces go quickly,

according to Sgt. Jeanette L. Santoro, H&HS career planner.

"We closed out fiscal year 01 in July. We started fiscal year 02 in July as well," said Santoro. "It will probably close even earlier, so Marines need to get on the ball."

There are incentives that the Marine Corps uses to get Marines to reenlist. Some such incentives are reenlistment bonuses and duty-station preferences. It is best to contact a career planner or watch the Marine Corps Web site to find out what incentives are available.

"There were many incentives available to me," said Sgt. Brian N. Boychak, calibration technician, MACG-38. "I did get a bonus but it was the advance school seat and the chance to get some more [that convinced me]."

Once a first-term or career Marine, one who has already reenlisted once before, reaches the decision and decides to reenlist, there are a few things they need to do to submit a reenlistment request package, according to Santoro. There is paperwork to be filled out and recommendations to obtain.

The career planner screens Marines to ensure they meet the prerequisites to reenlist.

One of those prerequisites includes having a current, complete physical fitness test score – not a partial.

Marines must also be without medical or dental limitations that would keep them from being in a deployable status.

A full listing of reenlistment prerequisites can be found in Marine Corps Order 1040.31H.

After the career planner determines if the Marine is eligible, the Marine then is given a reenlistment package that must be completed and signed including command recommendations.

Once the paperwork is complete, the career planner submits a reenlistment request for the Marine via the Total Force Retention System. Headquarters Marine Corps then evaluates the request and sends back either approval or disapproval of the request.

First-term Marines have up to 10 working days with which to execute the authority to reenlist. If they fail to execute the reenlistment during the 10 days, they have to restart the process from the beginning, according to Santoro. Career Marines have until their end of current contract to reenlist.

Neither a first-term nor a careerist Marine can afford to wait to the last minute to reenlist because it can cause all kinds of problems from getting the request approved in a timely manner to a stoppage of pay.

"It's not a good idea to wait to the last minute. They could get dropped from MCTFS (Marine Corps Total Force System) and not get paid or have their pay messed up," said Santoro. "A 'will re-enter has to

See **Reenlistment**, page 10

It's time for your EAS

What are you going to do with your life next?

By Lance Cpl. Damien McGee

Public Affairs, MARFORRES

There are hundreds of reasons individuals join the Marine Corps. There are just as many reasons that these same Marines chose to leave the Corps after honorably serving their nation.

Unfortunately many Marines leave the Corps without knowing all of the benefits and entitlements that are available to them.

One of those entitlements is the benefit of being placed on Individual Ready Reserve status.

The IRR is the status a Marine is placed in once he or she finishes their Contractual Military Service Obligation. First-term Marines have the difference of their enlistment and eight years as their time on IRR, typically four years.

Marines don't have to sign more contracts and are not obligated in a sense that prevents them from relocating or having a change of mind, while in an IRR status. For instance, if a Marine begins drilling with a unit in his hometown and finds a job in another city where there is no unit, there is no obligation for that Marine to continue his drill weekends.

While in an IRR status Marines are able to immediately join a unit after leaving active duty or they can chose to wait, up to several years. This flexible option allows the Marine the time to look

at all their options and make a better decision.

"If a Marine is interested in using his Individual Ready Reserve time to support the Marine Corps mission then the first thing they should do is study all his options," said Gunnery Sgt. Paul L. Roland, prior service recruiter, Marine Forces Reserve. "If a Marine is still on active duty then they should talk to their career planner or local prior service recruiter. If a Marine waits until after they are out then they should contact Marine Corps Reserve Support Command to find the unit closest to them."

If the local reserve unit does not require your current military occupational specialty that does not necessarily mean you cannot attend monthly drills. Most units have on the job training or will even send the Marine to attend further MOS training.

"Many Marines leave the Corps without ever knowing all their benefits," said Roland. "The Reserves offer Marines leaving active duty a great way to stay connected to their Corps. Just because they left active duty doesn't mean that they can't continue to serve.

"My job is to simply inform Marines of all their options," said Roland.

For more information contact 1-800-MARINES, www.marines.com, your career counselor or your nearest prior service recruiter.

Ad Space

Sergeant says, “You are not forgotten”

By Sgt. A.C. Strong

Commentary

I was a teenager the first time I remember seeing the Prisoner Of War/Missing In Action flag. We were driving past a Harley on Interstate 35 headed for North Austin, Texas after school.

Tucked amid the cluster of other military memorabilia, including the Marine Corps flag, the simple black and white image left a haunting impression on me, which has remained with me.

Over the years I watched television and movies about different wars and conflicts. I too was fascinated by the measure of man who could “take the hill” by any means – and some even living to tell about it. However, the images in my head, though sympathetic, were just that – pictures. When the old men stood outside Wal-Mart, offering the little flags, I always gave my money. I was oh, so patriotic.

My perception changed drastically in 1997. In 1997, I met Murph.

In her early 20s, she was a fellow recruit, but everything seemed a little different – more serious to her.

It wasn’t until weeks into recruit training

that I discovered why.

Murph’s dad had been a Vietnam veteran. Permanently disabled in the war, his talk of the dedication and brotherhood of the Corps encouraged his daughter to join. He died only weeks before she left for the Military Entrance Processing Station in Jacksonville, Fla. But that’s only part of the story.

My perception of POW/MIA recognition day changed the day Murph and I visited the Vietnam War Memorial in Washington.

There, sitting in front of that enormous marble slab, engraved with the names of the lost, she told me all the stories she could remember that her dad had shared with her.

When she talked about the servicemembers who may still be there, she actually cried.

She talked about how lucky she was, because of the time she had with her father, and how, it was just pure luck, that she was even there.

She said she owed her life to all of the men who didn’t come home – because her dad did.

September 21 has been designated National POW/MIA Recognition Day for 2001. More than 900 Marines remain unaccounted for from wars in Korea and Southeast Asia, as well as thousands more from previous

conflicts, according to Department of Defense officials.

This day of recognition is set aside each year in honor and support of the individuals, and their families, who have made extraordinary sacrifices on behalf of their country.

National POW/MIA Recognition Day is a time to honor Marines and their fellow servicemembers who remain unaccounted for.

August 10, 1990, the 101st Congress passed U.S. Public Law 101-355, recognizing the National League of Families flag, a simple silhouette in black and white, as “the symbol of our Nation’s concern and commitment to resolving as fully as possible the fates of Americans still prisoner missing and unaccounted for...”

The importance of the flag, according to the league’s Web site, lies in its continued visibility as a constant reminder of the plight of America’s POW/MIAs. Other than “Old Glory,” the League’s POW/MIA flag is the only flag ever to fly over the White House, having been displayed in this place of honor on National POW/MIA Recognition Day since 1982.

See **POW/MIA**, page 10

National Play-doh Day is a vivid reminder of America’s youth

By Cpl. Rob Henderson

Commentary

A fun activity from my youth has come back years later to remind Americans of an innocence we have all lost in the past weeks. September 18, 2001 was National Play-doh Day.

I’m not making this up. I know as a kid, I always thought of Play-doh as a fun activity that my mom would suggest to keep me, and several of my neighborhood friends out of trouble, or at least occupied for a little while.

Play-doh, from a kid’s perspective, reminds me of doing something fun, with others, and this concept of togetherness was driven home last week as terrorists attacked America.

So many kids will never see their mom or dad again. So many parents will never see their kids again. Brothers and sisters will all have voids from siblings that are dead or missing. Almost every one of them would give all they have for an hour more with the one that is lost. It simply reminds me of the importance of spending time now, even if it involves sacrifice, with the ones who are close to us.

Play-doh, like America, is resilient, as I found out as a child. My sister and I would sit for hours crafting people, buildings, faux foods and other molded sculptures. When we were ready to turn

our building into a dinosaur, we would smash the Play-doh and create something new.

The terrorist did what they could to smash our national pride, but from the rubble arose something new. From beneath the mangled remnants of the World Trade Center and the Pentagon comes a renewed sense of unified patriotism. Every American is still mourning the death of our fellow Americans, but we are mourning as one nation instead of as individuals. We are a nation united, finally.

We must remember the lessons we have learned from this terrible ordeal, and

Simple things, like Play-doh, may help us to remember our country’s victims, as well as, the survivors. For the victims, reminders of all they dreamed of before the terrorist’s bombs cut their lives short. For the survivors, as symbols of our national resolve to regain our status as a force to be reckoned with.

Play-doh is so simple. It brought me so much joy as a child, and now as an adult, I find myself examining the malleable substance as a metaphor for the United States.

There is one clear difference though. When I was a kid, my mom ensured whoever made the mess with the Play-doh cleaned it up.

Today, America is responsible to clean up after the terrorists, but rest assured, we will not forget.

Semper Fidelis, Marines.

San Diegan grateful Miramar is so close, thanks servicemembers for freedom

By Lilibeth Lumbreras

Letter to the editor

To Whom It May Concern:

At this time, this country has begun a healing process over an event so unfathomably horrible that just the thought and memories of it re-opens the same wounds. We cried for the thousands of innocent people who lost their lives. I have never met them. But even across this great country, I felt their pain.

I have been a San Diegan all of the 24 years that I have lived on this earth. About six years ago, my family moved north to the Scripps Ranch area. Because my dad was a military man, I felt grateful that the Miramar Air Station was so close to my house.

After the World Trade Center and Penta-

gon bombings happened, I was in shock and in a state of panic. If it could happen in New York and Washington, why couldn’t it happen in San Diego?

Last night, I was on my balcony that overlooked the canyons near Pomerado Road. It was dark ... save for a flash of light in the horizon. I realized that it was one of your aircraft flying over the area. My heart went into my throat and I was filled with so much pride. I did a little salute. I highly doubt that the aircraft saw it. But it felt so necessary. You are the reason why here the likelihood of anything like what happened in New York and Washington is slim.

From me, just a plain San Diegan, who lives a pretty normal, uneventful life. I’d like to thank your facility and many other similar facilities across the nation for all that

you do for the residents of San Diego — on a greater scope, for all that you do for our country.

I’ve heard some military people say, “Well, it’s just my job, this is what I’m paid to do.” But to me, “your job” goes above and beyond any normal range of duties. It is because of you that I have no fear. You go to parts of this earth where others fear to tread, so that I could walk freely down the streets. I feel blanketed by the protection that you provide for me. You save lives. You care. You risk your lives for others, at a moments notice, with little regard for your own. You provide me freedom.

For this, I salute you.
Lilibeth Lumbreras
San Diego

Mir *Remarks*

What does patriotism mean to you?



“Honor in what I believe in, to be loyal to my family, and to do my best in the Corps and for my country.”

Lance Cpl. Brandon L. Greer
MWCS-38
radio operator



“It’s a loyalty to one’s country, beliefs, and convictions. What a person would be willing to give his life for.”

Col. Ken L. Jorgensen
Reserve Support Unit
commanding officer



“Believing in what this country stands for... freedom, the right to choose and the right to be who you are.”

Gunnery Sgt. Robert L. Jefferson
H&HS
ARFF truckmaster

Is my buddy an alcoholic?

SACC is here to help prevent and treat alcoholism



The Substance Abuse Counseling Center urges Marines to take a look at their drinking habits to determine if they have a problem with alcohol abuse. Photo by Sgt. Mike Camacho

By Sgt. Mike Camacho

CPAO, MCAS Miramar

Marines are taught from boot camp, through our “green monster” that alcoholism is a medical condition – a disease. As

with any disease, one who is affected should seek out treatment and also practice a preventive treatment thereafter. Also, those without the disease should want to know how to prevent such diseases from affecting them or their family.

As with any disease, the result could be death or serious bodily harm. Some take pride in their alcoholic behaviors and some are so ashamed that they hide it from friends, family and co-workers.

“It’s the decisions we make today that will affect us for the rest of our lives,” said Master Sgt. Paul R. Skinner, substance abuse counseling center director and clinical supervisor.

The substance abuse counseling center offers two programs aimed to educate about alcohol abuse and prevention.

The Alcohol Impact and Marine Alcohol Awareness courses are offered for anyone who

wishes to attend.

The impact course covers material dealing with alcoholism traits and warning signs, and also drug and sexually transmitted disease education. The course is four hours a day for a week.

The Marine Alcohol Awareness Course focuses mainly on alcoholism prevention and treatment. This course is also four hours a day, but for only three days of the week.

“Many Marines who go through the courses go through because an alcohol related incident has gotten them in trouble,” said Skinner, who has been an alcohol treatment counselor for nine years. “These are the same Marines who say, ‘I wish I knew that before I got in trouble.’”

The courses allow the attendees to evaluate themselves and their drinking habits. The evaluation of how much they spend on alcohol or how much it affects their life tends to open their eyes to the root of the problem.

The four factors that will make someone an alcoholic are:

1. How much alcohol affects their career, parenting or school work.
2. What kinds of decisions are made while under the influence.
3. Types of legal problems resulting from alcohol abuse.
4. If the subject allows the abuse to continue after knowing it causes problems.

These four factors are used to determine who abuses alcohol. These factors can medically diagnose someone with the alcoholism disease.

It is highly encouraged for all Marines to attend these courses for the education. It is important for all Marines to know their peers and be educated enough to spot a potential problem.

Contact the substance abuse counseling center at 577-1279 for more information on these courses.

Miramar Marines should be cool and chill out with food safety

By Jeanne O. Whitehouse

Special to the Flight Jacket

When was the last time you stopped before taking a swig of milk or a bite of steak and wondered if it was safe to eat? Thanks to the U.S. Department of Agriculture we are able to go about our daily lives without worrying about food safety ... or can we? Although the USDA and the Food and Drug Administration stringently monitor the food we eat, they cannot control the way it is handled once it leaves the commissary. September is National Food Safety Month with this year’s theme as “Be Cool – Chill Out! Refrigerate Promptly.”

“The biggest factors in food safety are time and temperature controls - how long food is left out, the temperature at which it is stored and how long it is not maintained within the proper storage range,” said Navy Lt. Raymond Carlson, the MCAS Miramar Environmental Health Officer.

The FDA and USDA have found that there is a temperature “danger zone” for all perishable, potentially hazardous foods.

“Potentially hazardous foods require temperature controls of some type because they can support the growth of microorganisms ... when their temperatures sit between 40 F and 140 F,” said Carlson. “It is imperative that all perishable foods be kept out of this temperature range, because in this range, dangerous bacteria thrive.”

He also stated that perishable foods

should be given only an “extended four-hour window.” The four-hour window Carlson mentioned is the combined total of time food spends in the danger zone. This would be from the time it leaves the market to the time you get it home and refrigerated to the time it takes preparing the food and the amount of time that it sits out. In other words, if it took an hour to buy the food and bring it home and one hour to prepare it, for your own safety, the food should be discarded after two hours of sitting out. The best way to prevent a waste of food is to only prepare what you really feel will be consumed at your meal or function.

Here are a few pointers for safe food handling.

First, when grocery shopping, add perishable items such as milk, cheese and meat to your cart as close to the end of your shopping trip as possible. This will reduce the amount of time they are in the danger zone.

Second, ask to have all of your perishable items placed in grocery bags together. This way they may be quickly located and head right for the refrigerator.

Third, wipe the rims of dairy containers with clean cloths before serving from them to aid in removing some of the bacteria that may already have started growing on the outside of the containers.

Fourth, use the plastic bags that the commissary provides for meats. Placing your meat packages in these will help to reduce cross-contamination between the meat pack-

ages and other groceries.

Fifth, do not thaw meat at room temperature. Rather, let it slowly thaw in the refrigerator or thaw it quickly using a microwave set on defrost. Your microwave should provide instructions for how to thaw your meat without cooking it.

Thanks to the FDA and USDA, most foods contain safe handling procedures. Follow these guidelines and you are sure to reduce your risk of getting ill. There are many useful resources for food safety tips

and guidelines.

A few excellent sites for food safety are www.cfsan.fda.gov, www.usda.gov, www.fda.gov or www.tri-cityherald.com. There is also an excellent program designed to educate children on proper food handling techniques called FightBAC! which may be accessed at www.fightbac.org. This web site provides all sorts of fun activities to educate kids and keep them well. So, to keep eating worry free, remember to ... “Be Cool – Chill Out! Refrigerate Promptly.”

Ad Space

Sea Horse Wind 2001: Exercise provides unique opportunity to test large-scale air and ground integration



A CH-53 launches into flight during Sea Horse Wind 2001 operations at Fort Hunter Liggett from Aug. 27 to Sept. 11. Units from MAG-16, 4th Marine Regiment and 5th Marine Regiment participated in the air-ground exercise. Photo by Sgt. Carolyn S. Sittig

By Sgt. Carolyn S. Sittig

CPAO, MCAS Miramar

FORT HUNTER LIGGET — Several 3d Marine Aircraft Wing units and Marine Corps Base Camp Pendleton infantry elements recently completed Sea Horse Wind 2001.

The exercise ran from Aug. 27 to Sept. 11. It tested sea-air-land capabilities in a large-scale capacity, making it the largest tactical exercise on the West Coast, according to Col. Martin Peatross, Marine Aircraft Group 16 commanding officer. More specifically, Miramar units tested their ability to integrate with other aviation assets, as well as infantry assets provided by the battalions from the 4th and 5th Marine Regiments.

Several 3d MAW units from MCAS Camp Pendleton and Miramar were

essential for a contingency operation like Sea Horse Wind. These participants included: Marine Heavy Helicopter Squadrons 361, 462 and 466, Marine Medium Helicopter Squadrons 161 and 364, Marine Light-Attack Helicopter Squadron 367 and Marine Aerial Refueler Transport Squadron 352.

These squadrons worked in conjunction with infantry units from 2nd Battalion, 4th Marines and 1st and 3rd Battalion, 5th Marines during many Sea Horse Wind operations.

The first portion of the exercise focused on the squadrons performing familiarization flights to get used to the new terrain. The different terrain makes it initially harder for the pilots to navigate, said Maj. Jan M. “Jaws” January, MAG-16 future operations officer. “This is the first time we get away from (the usual) areas and

here it’s high, mountainous terrain unlike Southern California or Yuma, Arizona,” added January.

After the familiarization exercises units were able to conduct the operations that made up Sea Horse Wind, some of which included a company-sized heliborne raid, three-day battalion lifts and a night battalion lift, said January. Sea Horse Wind wrapped up with a heliborne raid that involved nearly 100 ground troops and nearly every type of Marine Corps’ aircraft with the exception of the AV-8B Harrier.

“This is great training for new Marines to (be able) to train with infantry units and other units they wouldn’t normally get to work with at this size level,” said January. Aside from the excellent training offered at Sea Horse Wind it also provided the opportunity for realistic and rural training.

“The biggest take-away is here you’re

living in the field with the bare essentials. This is the closest we can get to living in an austere forward operating base,” said January.

“In addition, this may be the only time 5th Marine Regiment and MAG-16 personnel get to train together outside of the (Marine Expeditionary Unit) or (Combined Arms Exercise) environment in their entire career,” added January.

Training exercises usually come hand-in-hand with lessons that are learned that can be applied to other exercises to improve them. The same thing applied to Sea Horse Wind where Marines not only got invaluable training, but learned several lessons as well.

“We had a bunch of little hurdles, but each one teaches you something,” said Peatross. One of the main hurdles involved the location of personnel in relation to aircraft and airfield. Initially, the aircraft and the airfield were to be co-located a quarter of a mile from the main base camp. Safety concerns forced the Marines to quickly adapt the layout of equipment and Marines, so they were divided up into two locations.

Another change was relocating the CH-53s away from the airfield because of space limitations. With the airfield being so far away from where the Marines were being stationed and some of the aircraft at another location, logistics became quite heinous as did transportation. Buses were arranged to transport Marines from the base camp to the airfield. “As always the logistics specialists overcame the setback and provided a consistent and reliable transportation plan,” said January.

Despite the initial setbacks, there were many successful firsts: externally lifting two High Mobility Multipurpose Wheeled Vehicles by the same aircraft, being in a completely rural forward-operating base construction and innovative communication networking by Marine Air Control Group 38, said January.

“The real proof of the mission success was the 880 mishap-free hours and 460 sorties generated during a short 11-day period in a working area a quarter of the size of Camp Pendleton, with units that hitherto had never worked together before. What a great job by the Sailors and Marines from 3d MAW,” said Lt. Col. S.E. Kerchner, MAG-16 operations officer.



Two CH-53 Super Stallions land beside two CH-46 Sea Knights at the Sea Horse Wind 2001 staging area after completing a large-scale heliborne raid with Lima Co., 3rd Bn., 5th Marines. Photo by Sgt. Carolyn S. Sittig

Ad Space

UNITED WE STAND

Miramar, San Diego rally behind flags, prayers to mourn victims



Miramar personnel gather in the Station chapel Friday to observe the National Day of Prayer. Photo by Cpl. Micheal O. Foley



The American flag flies at half-staff atop Mt. Soledad, where a Veterans Memorial is being built. Although the memorial isn't finished, it has been the site of several candlelight vigils since the terrorist attacks. Photo by Cpl. Micheal O. Foley



Petty Officer 1st Class Ron Human, hospital corpsman, USS Paul Foster, his wife Petty Officer 2nd Class Jennifer Human, hospital corpsman, Naval Medical Center Balboa, and their son Zach, 12, proudly display the American flag at a unity ceremony in Balboa Park Sunday. Photo by Cpl. Micheal O. Foley

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

In the midst of America's recent tragedies San Diego is doing its part to unite the nation under the flag while paying respect to the many victims.

When President George W. Bush declared Friday, Sept. 14, a National Day of Prayer, San Diegans, including Miramar personnel, came through.

The Station chapel held a special service at 11:30 a.m. to give servicemembers and family members a chance to pray for our leadership, the victims and the firefighters and police officers involved in the recovery effort.

Most of the eyes in the congregation were moistened when a chaplain read

several names off a list of Sailors lost in the attack on the Pentagon.

Another emotional moment was when Lance Cpl. Miguel Morales, fueler with Headquarters and Headquarters Squadron, took the pulpit and told the congregation about his own personal accounts of how the tragedy affected him, his family and friends in New York.

When darkness fell over the city that evening Mt. Soledad, the construction site of a future veterans memorial, was filled with dozens of patriots with candles in hand. During daylight hours all of La Jolla and parts of Kearny Villa and Mira Mesa,

including the Air Station, can all be seen from atop the mountain.

Local support continued Sunday with a "Day of Remembrance and Unity" at the Organ Pavilion at Balboa Park.

The U.S. Navy Band Southwest started the ceremony with a short concert at 1 p.m. The program featured several local religious leaders including San Diego



A prayer candle burns outside a barracks aboard Miramar last week. Photo by Cpl. Micheal O. Foley

Mayor Dick Murphy; Rev. Mark Trotter, retired pastor of First United Methodist Church; Bishop Robert Brom, Roman Catholic Diocese of San Diego; Rabbi Ben Kamin, Congregation Beth Israel; and Imam Wali Fardan, Masjidul Taqwa Mosque, Logan Heights.



Lance Cpl. Miguel Morales, fueler, H&HS, speaks emotionally at a gathering at the Miramar Chapel Friday. Morales is still missing friends and family members in New York. Photo by Cpl. Micheal O. Foley

Ad Space

Tigercomp VI:

Active, reserve tankers come together to find out who's best in Corps

By Sgt. Zachary A. Bathon

Public Affairs, MARFORRES

FORT KNOX, Ky. — One crew from each of the Marine Corps' four tank battalions gathered here to find out who is the best this year, during Tigercomp VI, Sept. 8.

Tigercomp is an annual tank gunnery competition that tests each tank crew's decision-making ability, communication skills, technical proficiency and cohesiveness, while operating the M1-A1 Abrams Tank.

It is also the only competition of its kind within the Department of Defense.

"Tigercomp is pretty special to the armored community," said Gunnery Sgt. Dan Fitzpatrick, master gunner, Company C, 4th Tank Battalion, 4th Marine Division, Boise, Idaho. "It is where each tank battalion sends the best they have to compete. It also shows how competitive the active duty and reserve side can be in the armored field."

Competing in this year's competition were crews from Co. C, 4th Tank Bn., 4th MarDiv., Boise, Idaho; Co. B, 8th Tank Bn., 4th MarDiv., Syracuse, N.Y.; Co. C, 1st Tank Bn., 1st MarDiv., Marine Corps Air-Ground Combat Center, Twentynine Palms, and Co. B, 2nd Tank Bn., 2nd MarDiv., Marine Corps Base Camp Lejeune, N.C.

These crews were chosen to represent their battalions based upon their performance as a crew throughout the year.

"We went through a series of tank tables and scored the highest in our company and also our battalion," said Cpl.



Marines from C Co., 1st Tank Bn., 1st MarDiv., MCAGCC Twentynine Palms, head back to the staging area after completing dry runs on the course. Photo by Sgt. Zachary A. Bathon

Matthew Q. Crockett, gunner, 4th Tank Bn. "That's what got us here."

During the competition, the Marines shoot a Tank Table Eight, which is what tankers use to qualify their tanks with. A Tank Table Eight consists of firing the M-240G and M-2 .50 caliber machine guns and the 120 mm main gun at simulated targets while moving to and from various positions on the range.

In preparation for the competition, the Marines practiced for a week, conducting dry runs and honing their gunnery skills before going head to head on the final day.

"The best part of Tigercomp was being able to fire the tank down range," said Sgt. Kevin Hughes, tank commander, Co. B, 8th Tank Bn. "Any time we have to get together as a crew and fire some rounds is an excellent opportunity and a good time for us."

Another aspect of Tigercomp was building camaraderie among the tankers. Bringing together active-duty and reserve crews did this.

"The reserve tankers are a tank unit too," said Cpl. Daniel J. Camberos, Co. C, 1st Tank Bn. "The only thing that means to

us is they (reservists) are fair game during the competition."

"For reservists, being able to compete against our active duty counterparts is something that is very highly regarded and something we look forward to each year," said Hughes.

After all the rounds were spent and the smoke cleared, the winner of this year's competition was the crew from Co. B, 2nd Tank Bn. "We took it last year, this year and we will take it again next year," said Lt. Col. Michael J. Oehl, commanding officer, 2nd Tank Bn.



Marine tankers rearrange Kentucky's topography during Tigercomp VI gunnery competition at Fort Knox, Ky., Sept. 8. Photo by Sgt. Andrew D. Pomykal

Flying Tigers perform pit stop 2,000 feet above ocean



This picture shows the scene from the cockpit of a CH-53E Super Stallion during an aerial-refueling mission. The wire basket in the bottom left-hand corner is what the pilot marries up to the 22-foot refueling probe. The KC-130 is attached to Marine Aerial Refueler Transport Squadron 352. Photo by Sgt. Troy M. Ruby

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

A CH-53E Super Stallion sliced through the sky off the coast of California, high above the Pacific Ocean, en route to rendezvous with a KC-130 Hercules to practice in-flight refueling.

Flying at a speed of 115 knots, or 132 mph, and at 2,000 feet, the pilots maneuver the 52,000-pound helicopter into position behind the tanker plane as two hoses extend from the refueling pods located on either side of the aircraft.

Attached to the end of the hoses are wire baskets, officially known as paradrouges, that give the helicopter pilots a target to hit with the refueling probe.

Onboard the helicopter, Marine Heavy Helicopter Squadron 361 pilot and Operations Officer Maj. Richard L. Caputo extends the refueling probe to a length of 22 feet and slowly approaches the refueling lines.

By making subtle corrections, he makes a direct hit on his first attempt.

Copilot and Flying Tiger's Future Operations Officer Capt. Bill J. Cody then takes the controls and conducts six "dry

runs" where he makes a direct hit, but doesn't take on any fuel.

On his final run, he takes on about 5,000 pounds of fuel.

"It's a requirement for us to go up and practice our refueling at least once every six months so we keep up our proficiency," said Cody. "We try to get our pilots up more frequently though because it not only benefits us, but it's additional training for the refueling pilots as well."

Once the helicopter probe locks into the airplane's refueling hose, the helicopter pilot raises the rotary-wing bird to a location just above the airplane wing to reduce turbulence. At that time, the KC-130 pumps fuel into the helicopter.

Both the helicopter and plane pilots keep in contact with each other throughout the evolution to ensure both crews' safety. The KC-130's loadmaster also keeps an eye on the refueling process to further ensure the safety of everyone involved.

The Super Stallion is the only helicopter in the Marine Corps inventory that has in-air refueling capability.

"It's really a great advantage of the CH-53 because we can take the fight that much farther down the road," said Cody.



Staff Sgt. Paul T. Williams, HMH-361 crew chief, keeps constant watch while both in the air and on the ground. All onboard the CH-53E must work together to ensure the safety of the aircraft during procedures such as aerial refueling. Photo by Sgt. Troy M. Ruby

Ad Space

Maintain OPSEC in Outlook e-mail auto replies

Everyone has experienced getting an auto reply upon sending a Microsoft Outlook e-mail, such as:

Hello, I'm on emergency leave in Podunk, Iowa, and will be back July 27. Your e-mail has been automatically forwarded to Lt.Oorah. If you require immediate assistance contact him at 555-1234.

This is bad Operational Security because the individual informs a potential bad guy that not only himself but likely his entire family is away from home which increases the risk of quarters being burglarized.

I'm on temporary assigned duty to Washington from July 15 to July 27, staying at Leatherneck Hotel and will be checking my e-mail via laptop daily.

This is bad OPSEC, not only because it informs of the Marine's absence from the local area, but targets exactly where he is, and that he has a government laptop with him. The laptop possibly containing sensitive data, he will very likely leave unattended in his hotel room.

If he doesn't want to drag his government laptop everywhere he goes, he should secure it in the hotel front desk safe, or an in-room safe if so equipped. He also should never leave it unattended in a rental car. Laptops are very vulnerable to theft.

The point is to be as generic as possible when drafting Microsoft Outlook e-mail automatic replies.

Practice good OPSEC.

Hang 10 for spinal cord research

Catch a wave with the Sunset Cliffs Surfing Association as they join forces with Cal-Diego Paralyzed Veterans Association for the 8th Annual Tony Mezzadri Surf Contest. The contest will be held Saturday at Ocean Beach Pier and proceeds will be used for spinal cord injury research.

The tournament began as a benefit for Mezzadri after he severely injured his spinal cord in a surfing accident in 1994.

The surf contest will begin at 7 a.m. and is open to the first 96 surfers. There are divisions for short boards and long boards.

For a registration form, call 450-1443.

Family Footlocker makes parenting easier

Learn new tips, tricks and techniques for better parenting in "Family Footlocker," a class sponsored by Miramar's Counseling Center and New Parent Support Group.

Classes are Tuesdays from 6 to 8 p.m. through Oct. 2 at the Murphy Canyon Chapel (in the Rear Admiral White Chapel). Participants are welcome to bring a brown-bag dinner.

Limited child care will be provided. Registration is required.

For more information, call 577-9812 or (619) 524-0805.

POW/MIA, continued from page 4

During this time of renewed national pride, it should be easy to remember those who sacrificed so that we could claim this freedom as our own. While remembering the victims and families of the recent tragedies, we should also take time to remember those who came before.

More information about our nation's POW/MIAs is located online at: www.dtic.mil/dpmo or www.pow-miafamilies.org.

TRICARE Senior Prime to end

Over the last several years, TRICARE Senior Prime was one of several test programs used by Department of Defense to evaluate its ability to provide health care services to its over-age-65 beneficiaries.

With direction from the Fiscal Year 2001 National Defense Authorization Act, the Department of Defense will implement TRICARE for Life to meet this need. Consequently, the TRICARE Senior Prime program will end Dec. 31.

Be a good sponsor

Have you been selected to sponsor a Marine coming to Miramar? The Marine Corps Community Services' Relocation Program offers a one-hour training session every Wednesday at 9 a.m. in the Joint Reception Center.

Call 577-1428 for more information or to register.

10K/5K & Bike Classic cancelled

Due to the heightened security at MCAS Miramar, this year's Runway 10K/5K and Flight Line Bike Classic scheduled for Sept. 29 has been cancelled. All checks for advance registration are being returned.

You're invited to a flight suit formal

The Marine Officers Spouses Club invites you to its membership drive at Hangar 0, 6:30 p.m. Tuesday, and to help support the MCAS Food Locker.

The MOSC will award prizes for the best flight suit/uniform and decorated tables during the event.

There will also be an auction, a live performance by the 3d Marine Aircraft Wing Band, static aircraft displays, and food and drink.

For more information, call 577-7318.

What's happening at the USO

Friday – Enjoy free pool at the USO.

Saturday – Join the USO for Beach Blast at Ocean Beach. There will be a barbecue, sand volleyball and a sand castle contest.

Tuesday – Lasagna dinner at 6 p.m. with Dazzling Diane the magician for entertainment.

Thursday – Super nachos served beginning at 6:30 p.m.

For more information about the USO, call Jennifer Stander at (619) 235-6503.

CFC begins Monday

The Combined Federal Campaign is the annual fund-raising drive conducted by federal employees in their workplace each fall. Each year federal employees and military personnel raise millions of dollars through the CFC that benefits thousands of non-profit charities.

This year's CFC begins Monday. For more information call Maj. Carl A. Maas at 577-8648.

Reenlistment, continued from page 3

be reported by admin into MCTFS otherwise direct deposit will stop and a hard check is issued."

After all the paperwork is processed and the approval for reenlistment comes back from Headquarters Marine Corps, then the Marine is ready to reenlist.

"They just have to pick the reenlisting officer and tell me where and when they want to reenlist", said Santoro. "They just say the oath and sign on the line."

Free movies from MCCs

Today

Osmosis Jones (PG) 4:30 p.m.

Planet of the Apes (PG-13) 6:30 p.m.

Jurassic Park 3 (PG-13) 8:30 p.m.

Saturday

America's Sweethearts (PG-13) 6:30 p.m.

Legally Blonde (PG-13) 8:45 p.m.

Sunday

Legally Blonde (PG-13) 1 p.m.

Jurassic Park 3 (PG-13) 6:30 p.m.

Wednesday

Original Sin (R) 6:30 p.m.

Thursday

Osmosis Jones (PG) 2 p.m.

Rush Hour 2 (PG-13) 6:30 p.m.

The Station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for DoD ID card holders and their guests. For movie synopses see the current theater flyer or call 577-4143.



Are you pulling my flag?

Brodie McIlvain, Marine Aircraft Group 16 Winners Of The Tournament receiver squeaks past a Marine Aviation Logistics Squadron 16 Forerunners defender, scoring their second of three touchdowns in a flag-football game across from Miramar's

mess hall. McIlvain also grabbed an interception at the Forerunners' one-yard line setting up W.O.T.T.'s final score of the game. W.O.T.T.'s record went to 8-1 after beating the Forerunners 18-12 Sept. 18. Photo by Cpl. Scott Whittington

Volunteer opportunities

◆ The Wetland Avengers, an Aquatic Adventures Science Education Foundation project, is seeking military volunteers to help restore the wetland habitats of San Diego County.

For more information contact Melissa Studer at 274-0724.

◆ If you are looking for volunteer opportunities, the United Service Organizations would love to have you help. Opportunites are open for day-time help all days of the week.

Please contact Jennifer Stander at (619) 235-6503 for more information.

◆ AIDS Walk San Diego needs volunteers Oct. 7, to help set up, man the booths, provide security and register other volunteers.

The AIDS Walk raises money for HIV and AIDS awareness programs, research, and screenings.

For more information contact Marcella Martin at (619) 260-1068.

◆ Help beautify the San Diego community by planting trees. Most plantings take place Saturday mornings. The project goes until Oct. 27.

For more information contact Patrick Stevenson at (619) 697-0151.

◆ The BEST Mentor Program is look-

ing for mentors to help troubled children in the San Diego area. The program needs volunteers who have at least one day a week to spend 2-3 hours with a child.

The time should be spent doing positive, meaningful activities that will instill a sense of value in the child.

For more information call Calvin Clayton at (619) 297-8111.

◆ Do you have an interest in military aviation history? The Flying Leatherneck Museum is looking for volunteer docents and gift shop attendants.

The museum has aircraft from World War II, Korean War, Vietnam War and Persian Gulf War. The museum is located on Station and is open to the public.

Call the Flying Leatherneck Historical Foundation at 693-1723 for details.

◆ The PARTNERS mentor program is seeking volunteers for at-risk youth ages 10-17. Call Venesa at (619) 584-5797.

◆ City of Hope needs volunteers for its 2001 Walk For Hope Against Breast Cancer Oct. 14 at 5:30 a.m. Volunteers are needed to set up, direct traffic, man booths and other activities.

For more information, call (619) 544-1913.

Display,
continued from page 1

by a Naval chaplain on a ship at sea.

The flag must be illuminated when flown at night.

When the flag is displayed over a street, it should be hung vertically, with the union to the north or east. If the flag is suspended over a sidewalk, the flag’s union should be farthest from the building.

When flown with flags of states, communities, or societies on separate flagpoles which are of the same height and in a straight line, the flag of the United States is always placed in the position of honor – to its own right.

The other flags may be smaller but none may be larger. No other flag ever should be placed above it. The flag of the United States is always the first flag raised and the last to be lowered.

When flown with the national banner of other countries, each flag must be displayed from a separate pole of the same height. Each flag should be the same size. They should be raised and lowered simultaneously. The flag of one nation may not be displayed above that of another nation.

Displaying the Flag Indoors

When on display, the flag is accorded the

place of honor, always positioned to its own right. Place the flag to the right of the speaker or staging area or sanctuary. Other flags should be to the left.

The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of states, localities, or societies are grouped for display.

When one flag is used with the flag of the United States of America and the staffs are crossed, the flag of the United States is placed on its own right with its staff in front of the other flag.

When displaying the flag against a wall, vertically or horizontally, the flag’s union (stars) should be at the top, to the flag’s own right, and to the observer’s left.

The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.

The flag should not be used as a drapery, or for covering a speaker’s desk, draping a platform, or for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.

The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on

such articles as cushions, handkerchiefs, napkins or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard

The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, firefighters, police officers and members of patriotic organizations.

The flag should never have any mark, insignia, letter, word, number, figure, or drawing of any kind placed on it, or attached to it.

The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. The flag should be folded neatly and ceremoniously when stored.

The flag should be cleaned and mended when necessary.

When a flag is tattered it is no longer fit to serve as a symbol of our country. It should be destroyed by fire in a dignified manner.

Editor’s note: Most American Legion Posts conduct a dignified flag burning ceremony, often on Flag Day, June 14a. Contact your local American Legion Hall and inquire about the availability of this service.

Flight Jacket

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Commanding General, 3d Marine Aircraft Wing

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